

When Your Skin Hits the Road

7 June 1984

by Dr. Janet Kelly

The season for summer tumbles, scrapes and falls is upon us. In summer's sports activities, such as cycling, part of being a veteran is learning to bounce back from spills. Here's how to suffer least from "road rash."

First, assess your injuries. If pain or bleeding is unmanageable seek help, otherwise, your own prompt attention can save days of recovery.

To prevent infection and un-

sightly "tattoeing" thoroughly clean the abrasion. Squirt the area with water to remove loose grit. (Now you know why cyclists carry at least one water bottle.) Next, get to a place with soap, water and ice.

Make up a slush of four part ice water to one part antibacterial soap. Apply with gauze pads and cover with an ice pack. Once the area is numb, scrub it until clean and oozing blood. Ice again, then blot dry.

The cheapest dressing is an ointment like neosporin covered with gauze and tape. Better, but more expensive, are slippery presoaked bandages like Second Skin.

If the wound dries out, scabs will form and crack, so change the dressing often. If you notice swelling, redness, warmth or pus, or if you haven't had a tetanus booster in five years get to a doctor.

All out-door enthusiasts,

whether your camping, fishing, hiking, horse-back riding, jogging or cycling, should have a first aid kit handy. This kit should include: Large and small bandages, 4x4 gauze pads, 1 inch adhesive tape, antibiotic ointment, non-stick telfa pads, antibacterial soap, 4 inch Ace wrap.

Have you ever noticed that most racers shave their legs? If you've ever had to clean up a "hairy" abrasion you wouldn't ask! For the serious daily sport enthusiast, it's not a bad idea.

Dr. Kelly is a board certified family practitioner and Assistant Professor with the Department of Family Medicine at the University of Utah. She has recently opened an office in Heber at 570 E. Center Street.

Wasatch Homemakers

to Learn About Drug Abuse

7 June

The educational program for the month of June will be presented by Coral Mangus from the Alcohol and Drug Prevention Center. The topics covered will be: drugs in our community, how our children are subjected to drugs, and the statistics on women abusing drugs. Coral Mangus will also tell

us the programs that are used in our schools and the services that are available from the Alcohol and Drug Prevention Center. Anyone interested in this subject matter is welcome to attend Wednesday, June 13, 1984 at 7:30 p.m. in the Wasatch Middle School Home Economics Room.

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production is a non-polluting industry in which a lot of money is spent in a short time, and some of this money finds it's way into the hands of local business. It's easy to take some industries for granted until all of a sudden they are gone. Hopefully, motion picture production is here to stay in Heber Valley. It sure would be nice to have another small studio type operation established here, similar to Sunn Classics.

and our cry room has been renovated.

Starting Friday at the Ideal, Michael Douglas and Kathleen Turner star in the "Raiders" type adventure "Romancing the Stone" rated PG. There will be a 12:00 noon matinee Saturday, and we will have KLVR night and bargain night this week.

Coming very soon, "The Natural." So until next week, we'll see you at the movies...

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